

Chocolate 55–59% and Cocoa Powder Ice Cream with corn starch



Biterkin

• Batch for ice cream maker of 1.5 ltr/qrt (or bigger) • Active time: 15 mins • Total time: 18 hrs •

Ingredients:

- 15 gr unsweetened cocoa powder, sifted (0.5 oz.; 3 levelled Tbs: to measure in tablespoons, first sift, then measure)
- 170 gr chocolate/couverture 55-59% cocoa solids, chopped; for other cocoa solids % see notes (6 oz.; see notes for measuring chocolate)
- 350 gr heavy cream, 35-40% fat (12.3 oz.; 350 ml; 1½ cups); for double cream (UK) see notes
- 145 gr sugar, to be divided (5 oz.; 11 levelled Tbs.)
- 530 gr whole milk (18.7 oz.; 530 ml; 2¼ cups)
- 25 gr corn starch (a.k.a. cornflour) (1 oz.; 4 Tbs.)

i 1 cup = 235 ml | 1 Tbs. = 15 ml.

Plan ahead:

Make the ice cream mixture (steps 1-3) one day before churning it.

If your ice cream maker has a removable freezer bowl, put it in the freezer for the whole time indicated by the manufacturer before churning, usually 24 hours.

Step 1: Make the chocolate cream

1. Place a rubber spatula and a whisk on a plate next to the stovetop to have them close and ready to use interchangeably.
2. Sift the cocoa powder through a fine-mesh sieve and into a bowl if you haven't already done so.
3. Put the chopped chocolate in a large heatproof bowl; set aside.
4. Warm the cream with the cocoa powder and 1/3 of the sugar: in a medium saucepan, put the cream, the cocoa powder and roughly 1/3 of the sugar (50 gr; 1.7 oz.; 4 Tbs.). Warm over medium heat, often whisking until the cocoa has fully dissolved and the milk is hot and

steamy. Do not let it come to a boil. Remove from the heat.

5. Add the chocolate and stir with the rubber spatula until all the chocolate has melted. If needed, return briefly to low heat to fully melt the chocolate.

6. Blend with an immersion blender for 30 seconds to fully dissolve any tiny brown clumps left. Pause to scrape with the rubber spatula the bottom and sides of the saucepan, then blend again briefly. If you do not have an immersion blender, whisk well and thoroughly until no lumps are visible and pass through a very fine mesh sieve while still hot.

7. Pour everything into the heatproof bowl, scraping along any residues left in the saucepan with the rubber spatula. Let it cool down while you proceed with the next step.

Step 2: Make the thickened milk

8. Make a corn starch slurry: in a large heatproof bowl, put the corn starch and add two tablespoons of the cold milk (30 gr; 1 oz.) over it. Whisk to dissolve. Set aside.

9. Warm the milk and rest of the sugar: in a medium saucepan, put the rest of the milk (500 gr; 17.7 oz.) and sugar (95 gr; 3.4 oz.; 7 Tbs.) and warm over medium heat, often stirring until the sugar dissolves. Do not let the milk boil before the sugar fully dissolves, or the milk may curdle. Stirring also helps the sugar dissolve efficiently.

10. Let it come to a boil (which is when bubbles pop all over the surface of the milk) and give a last whisk to the corn starch slurry, to dissolve any corn starch stuck to the bottom of the bowl.

11. Pour the boiling milk into the corn starch slurry and give a thorough stir with the rubber spatula; it should instantly thicken slightly. If it

doesn't thicken, return it to the saucepan and onto medium-high heat, constantly stirring so that it doesn't stick to the bottom of the pan. When the first bubbles appear on its surface, the milk will thicken. Immediately remove from the heat and pour it back into the bowl.

Step 3: Chill the ice cream mixture

12. Mix the chocolate cream with the thickened milk: pour the chocolate cream into the thickened milk scraping all residues from the bowl. Stir until it is a uniform brown colour with no streaks.

13. Strain the ice cream mixture through a fine-mesh sieve.

14. Cool it down: prepare an ice bath by putting ice cubes and cold water in a large bowl and carefully nest the bowl with the ice cream mixture in it, taking care that no water slips into it. Let it cool down for 30 minutes, stirring occasionally.

15. Chill thoroughly: the ice cream mixture should come to fridge-cold temperature before you churn it with the ice cream maker. To chill, it, cover and put in the refrigerator for 8 hours and up to 3 days.

Step 4: Churn the ice cream

16. Check the ice cream mixture if it is thoroughly cold before churning: it should feel fridge-cold to the touch.

17. Prepare the ice cream maker according to the manufacturer's instructions.

18. Stir: this chocolate ice cream mixture may become very thick after chilling, so give it a thorough and vigorous stirring with a rubber spatula to loosen it; this will allow it to churn for longer and to acquire a better texture.

19. Churn: with the machine running, pour the ice cream mixture through the canister and into the ice cream maker. Churn until fluffed

up and creamy; depending on your ice cream maker this can take anywhere from 30-60 minutes.

Step 5: Put in the freezer to set

20. Put in the freezer to set: before serving the ice cream or removing it to a container for storage, you have to put it in the freezer to set. Remove the removable freezer bowl (still filled with the ice cream) from the ice cream machine, cover it and put it in the freezer to set. Setting time depends highly on the ice cream maker and can be anywhere from 1-4 hours.

21. Serve or store: as soon as it sets, serve it from the removable freezer bowl or transfer it to an airtight container to store it.

Storage and serving

Storage: in the freezer for one month, covered well to protect it from absorbing the freezer's smells.

Scooping: this ice cream, like all artisanal ice creams, freezes hard in the long term. To soften it to a perfectly scoopable consistency, put it in the refrigerator for one hour.

Notes:

To make this recipe with other cocoa solids% chocolate, visit this page:

<https://biterkin.com/cocoa-and-chocolate-ice-cream/Chocolate/couverture>: chocolate cannot be measured in a cup because the results vary depending on how finely chopped the chocolate is. Instead, you can calculate the number of pieces you need based on the weight of the chocolate bar as written on the packaging.

Double cream: stir 250 gr (8.8 oz.) double cream (50% fat) with 100 gr (3.5 oz) whole milk (extra to the 530 gr milk asked in the ingredients); then use it in the recipe like heavy cream.

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